



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-01-12)

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### 100253 - STRAWBERRIES, FROZEN, WHOLE, UNSWEETENED, IQF, 30 LB

### Nutrition Information

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>U.S. Grade A (except U.S. Grade B character), medium sized, whole strawberries, individually quick frozen (IQF).</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>30 lb case.</li><li>One 30 lb case AP yields about 89¼ cups thawed, ready-to-serve, whole strawberries and provides about 357.0 ¼-cup servings thawed fruit.</li><li>One lb AP yields 1 lb (about 2⅞ cups) thawed, ready-to-serve, whole strawberries and provides about 11.9 ¼-cup servings thawed fruit.</li><li>CN Crediting: ¼ cup thawed, whole strawberries provides ¼ cup fruit.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Store frozen strawberries at 0 °F or below, off the floor and away from the walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li><li>Store opened thawed strawberries covered and labeled in dated nonmetallic container under refrigeration and use within 2 days.</li><li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>Proper thawing is the key to product quality. For best results, thaw strawberries at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator.</li><li>Add frozen berries as the last ingredient in fruit or gelatin salads to prevent crushing the berries or discoloring other fruits.</li></ul>

Strawberries, whole, thawed, unsweetened

	¼ cup (55 g)	½ cup (110 g)
Calories	19	39
Protein	0.24 g	0.48 g
Carbohydrate	5.02 g	10.09 g
Dietary Fiber	1.2 g	2.3 g
Sugars	2.51 g	5.02 g
Total Fat	0.06 g	0.12 g
Saturated Fat	0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.41 mg	0.83 mg
Calcium	9 mg	18 mg
Sodium	1 mg	2 mg
Magnesium	6 mg	12 mg
Potassium	81 mg	162 mg
Vitamin A	25 IU	50 IU
Vitamin A	1 RAE	2 RAE
Vitamin C	22.7 mg	45.4 mg
Vitamin E	0.16 mg	0.32 mg



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<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Serve thawed strawberries in fruit cups, salads, and over hot or cold cereals. Use in recipes for jellied salads, glazes, desserts, or other baked items.</li><li>• Use as topping for ice cream, yogurt, puddings, shortcakes, pancakes, French toast, and preserves.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Do not refreeze strawberries.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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